



NEWS RELEASE

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New Foods Added to North Dakota WIC Food Packages

BISMARCK, N.D. – On Oct. 1, 2009, new foods will be added to the North Dakota WIC food packages, according to Colleen Pearce, director of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC Program) for the North Dakota Department of Health.

The new foods reflect updated U.S. Department of Agriculture (USDA) regulations designed to improve the nutritional value of WIC food packages. In 2005, the USDA requested a study of the WIC food packages based on current nutritional science. The new WIC food packages are designed to be healthier and more sensitive to the cultural needs of WIC's diverse population.

“Since the last revision to the WIC food packages in 1980, there has been an explosion of knowledge related to nutrition and health, as well as a growing obesity problem in this country,” Pearce said. “The supplemental food provided through the new additions to the package can empower mothers to choose healthy foods they might not otherwise be able to afford.”

To support good health and good eating habits, WIC will begin offering fresh fruits and vegetables, whole-grain bread (with the option to substitute whole-wheat tortillas, soft corn tortillas or brown rice), canned salmon in addition to tuna for mothers who provide their infants breast milk only, canned beans in addition to dry beans, and soy-based beverages. The package enhancements also will promote breastfeeding by providing the greatest amount of food to mothers who breastfeed their infants and will expand support for medically fragile participants. For infants ages 6 months to 12 months, baby food fruits and vegetables have been added, as well as baby food meats (only for the infants receiving only breast milk). Current types of WIC foods are retained: milk, cheese, eggs, fruit juice, cereal, beans/peanut butter, and infant formula.

For more information about the changes to the WIC food packages, contact the North Dakota WIC Program at 800.472.2286.

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